

IS IT SAFE TO DATE AGAIN?

Stay Safe

If you were waiting until after the Pandemic to start dating again, you are probably rethinking that. You can't put your life on hold forever, but COVID-19 is still in our community and will be for the near future. Is it possible to date and minimize the risks of catching COVID-19? Yes, it is.

Go Virtual First

- Many people start with virtual dates anyway. Instead of one or two virtual dates, have several to get to know each other better before an in-person date. Ask if they take precautions such as wearing a mask in public and social distancing. Make sure you both agree on everyday precautions. If you live with your parents or grandparents, it's important for their safety too.
- Get creative with virtual dates:
 - Take your laptop outside for a change of scenery
 - Order takeout from the same restaurant and eat together via video chat
 - Watch movies simultaneously in separate locations, talking on the phone together
 - Play online games together

Getting Ready for In-Person Dating

- When you're ready to meet, discuss again what precautions you both will take. It's safest to first have an outdoor date, wearing masks and staying 6 feet (2 meters) apart.
- For all in-person dates, it's best to avoid large crowds and indoor activities. Walk or bike. Have a picnic in a park, serve a meal in your backyard or go to an outdoor restaurant.
- Avoid group dates unless you are going somewhere outdoors where couples or singles can stay 6 feet (2 meters) from each other.

Before You Become Physically Intimate

- Eventually you will want to kiss or have sex. Make sure you are comfortable with the precautions you are each taking, being physical is riskier during the pandemic.
- Since 40% of people infected with COVID-19 don't have symptoms, some couples self-isolate for 2 weeks or get COVID-19 tests before becoming intimate.
- Be open and talk about any concerns you have since your new relationship doesn't just affect you physically but can also impact the people close to.
- If either of you becomes sick, tell the other immediately and take a two-week break to get tested or recover.

Source: Hackensack Meridian Health (Hackensack University Medical Center in NY)



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COVID19
CORONAVIRUS DISEASE

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